

African-Americans are at high risk for serious diseases like high blood pressure, stroke, diabetes, heart disease and cancer. Small changes in diet and lifestyle can help African-Americans avoid these diseases.

You can start making these small changes right now simply by eating 5 to 9 servings of fruits and vegetables every day. It's easy! Try to eat 3 to 5 vegetables and 2 to 4 fruits every day. Fruits and vegetables are an important part of a healthy diet. They are low in fat and calories, and excellent sources of vitamins, minerals, fiber, and disease fighting phytochemicals*. People in your community are making changes in their lives to look better, feel better and live longer. You can do it, too!



*phytochemicals (fight-o-chemicals) - natural compounds in plants, like fruits and vegetables, that may help prevent and fight disease

Why Eat 5 to 9 A Day?



"I almost died on my job from a stroke. My pressure was high, I ate greasy food everyday, and I wasn't willing to change my ways. When I woke up in the hospital and didn't have any feeling on my left side, I knew I had to make some changes. It took me nine months to get back on my feet. Now I get regular checkups, try to exercise, eat plenty of fruits and vegetables and cut out the grease. Believe me, these changes have made a difference in my life!"

"I've known Joe for a long time. When he had a stroke on the job, it shook me up. I learned from my doctor that black men have more strokes than anyone else. I'm young, but I know the things I do now will help me to be healthier later on. I learned a lot from Joe and my doctor and I'm making changes."



"My grandbaby is the most important person in my life. I have diabetes but staying on my diet, exercising and watching my weight keeps it under control. The doctor said it's important for me to eat fruits and vegetables, stay off fatty foods and watch my sweets. Instead of cakes and pies, I keep a lot of fruit in the kitchen. I'm controlling my blood sugar and still enjoying treats with my grandson."



"My mother lost a breast to cancer and my father had colon cancer, so I know my son's chances of getting cancer are higher and mine are, too. I make sure we get regular checkups, eat lots of fruits and vegetables and exercise. My doctor said I'm doing the right things to cut down on our chances of getting cancer."

Remember to eat lots of colorful fruits and vegetables every day – red, yellow, orange, white, green, blue, and purple. Here are some fast and easy tips to help you meet your **5 to 9 A Day Goal!**

BREAKFAST

- Drink a glass of juice.
- Add fruit to your waffles or pancakes.
- Add fruit to your hot or cold cereal.



LUNCH

- Eat a salad.
- Have vegetable soup.
- Eat a piece of fruit like an apple, banana or a peach.
- Add lettuce and tomatoes to your sandwich.



SNACK

- Snack on grapes, raisins, or a piece of fruit.
- Have a bowl of your favorite fruits.



DINNER

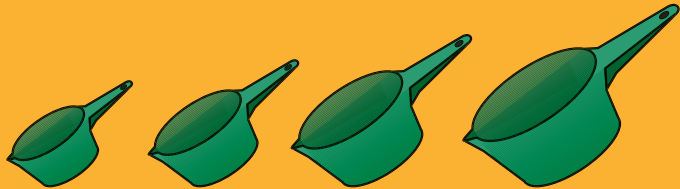
- Eat beans cooked with non-fatty seasonings.
- Add fresh, sliced tomatoes or cucumbers to your dinner.
- Add vegetables to your rice or casserole.



To make sure you get **5 to 9 A Day** follow the serving guide below.

A serving is:

- 1 medium fruit or 1/2 cup of small or cut-up fruit
- 3/4 cup of 100% fruit juice
- 1/4 cup of dried fruit
- 1/2 cup of raw or cooked vegetables
- 1 cup raw leafy vegetables (lettuce, spinach)
- 1/2 cup cooked beans or peas (black-eyed peas, lima beans)



1/4 CUP 1/2 CUP 3/4 CUP 1 CUP

For more information on nutrition and diet, or to learn more about chronic diseases, contact: **your local health department, your doctor or the organizations listed below.**

- SC Chronic Disease Prevention & Health Promotion1-803-545-4490
- Cancer Information Service1-800-4-CANCER (1-800-422-6237)
- American Cancer Society1-800-ACS-2345 (1-800-227-2345)
- American Heart Association1-800-AHA-USA1 (1-800-242-8721)
- American Diabetes Association1-800-DIABETES (1-800-342-2383)
- American Lung Association1-800-LUNG-USA (1-800-586-4872)



South Carolina Department of Health and Environmental Control

Office of Minority Health/Bureau of Chronic Disease Prevention and Health Promotion
 Pictures provided by South Carolina Department of Agriculture, National Cancer Institute,
 and DHEC Art/Graphics & Photography.

ML-002086 09/04

African-Americans
**Eat
 5 to 9
 A Day**
 for Better
 Health!

